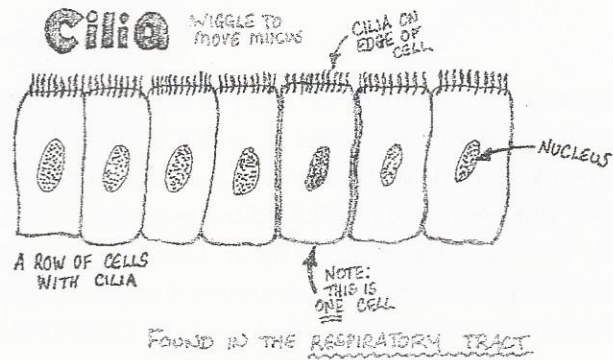
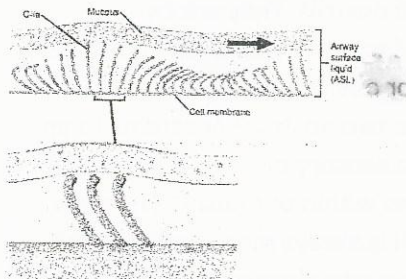




You can see the swollen tissue inside the nostril. So, this person is breathing mostly through the right side

Nose HAIR?

In addition to the nostrils, there is **cilia** inside our noses. That also helps to keep us healthy. The cilia are hair like structures that filters out dust and other particles from our respiratory system. How does this work? Well according to Your Health by Tom Weeks, "the mucous in your nose traps incoming dirt particles which are then moved by the cilia to the front of the nose to be removed from the airway." Did you ever see someone who had hair sticking out of their nose? Some people try to trim or clip it! It turns out as Dr. Thompson, author of Sinus Cilia, says nose hair plays an important role in our everyday health



PARTICLES OF DUST



CILIA

You can see the hair inside your nose! That's the cilia. The balls you see are the particles of dust that you don't want to breathe in. The cilia will prevent that.